



# Motivational Interviewing (MI)

## Intermediate Level



### Course content

**This interactive one-day course will cover:**

- MI quick review of principles and techniques (all on the 'same page')
- Video demonstration of MI in practice (critique and discussion)
- The four processes of MI
- Creating focus
- Responding to 'sustain talk' and discord
- Other useful strategies used in MI
- 'Change talk'/responding to change talk
- Opportunities to practice skills and work with other participants

### Expected Outcomes

**At the conclusion of this one-day MI Intermediate course you will have:**

- An opportunity to observe the practice of MI in a video demonstration
- More understanding of, and confidence in using MI with clients
- Knowledge of, and opportunity to use a range of additional MI tools and techniques
- Understanding of how to listen for, and respond to, 'change talk'
- Some tools to use when working with 'sustain talk' and discord
- Practiced interventions in scenarios with other participants using MI

Participants may be entitled to professional points or recognition for continuing education from some professional health bodies to which they may be affiliated (eg DAPAANZ).

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